

# Your Housing Newsletter

September 2006

Volume 1, Issue 8

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## Hours of Operation:

Mon-Fri ⇄ 0830-1630

Directorate of Public Works

Housing Division Bldg 28

318 Cornog Lane

Fort Monroe, Virginia 23651

monroe.housing@us.army.mil



## RECIPE FOR SAFER COOKING!

The following tips can protect you and your family when in the kitchen, whether stirring up a quick dinner or creating a masterpiece four-course meal – here is a daily recipe for safer cooking!!

### To Prevent A Cooking Fire In Your Kitchen

Keep an eye on your cooking and stay in the kitchen. Unattended cooking is the #1 cause of cooking fires.

Wear short or close-fitting sleeves. Loose clothing can catch fire.

Watch children closely. When old enough, teach children to cook safely.

Clean cooking surfaces to prevent food and grease build-up.

Keep curtains, towels and pot holders away from hot surfaces, and store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house!

Turn pan handles inward to prevent food spills.

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## RELOCATION SERVICES

Soldier and Family Support Center - 96 Stillwell Road, Bldg 206

Open: Monday-Friday Hours: 8 a.m. to 4:30 p.m.

*The ACS Relocation Assistance Program (RAP) provides customized in and out assistance to all military and civilians. Services include, but are not limited to:*

**Pre-departure services** to prepare soldiers and family members for their Permanent Change of Station (PCS) move. A pre-departure packet includes a guide to military moving, PCS tips and a Needs Assessment.

**Welcome packets** with local area and installation information, maps and installation publications.

**Monthly Newcomers Briefing:** Offered the second Thursday of every month. A short overview of the services available here on post and in the surrounding community are discussed.

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## To Put Out A Cooking Fire In Your Kitchen

Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.



Extinguish other food fires with baking sod. Never use water or flour on cooking fires.

Keep the oven door shut and turn off the heat to smother an oven or broiler fire.

Keep a fire extinguisher in the kitchen. Make sure you have the right type and know how to operate it.

Keep a working smoke detector in your home and test it monthly.

*Bon Appetite!!*

### RELOCATION SERVICES – Cont. from page 1

Briefings are also given by the Post Commander, Post CSM, School Liaison Officer, Post Chaplain, and EEO representative. To register call 788-4344 or 788-3878.

A **computerized database** via CD-ROM and the Internet, the Standard Installation Topic Exchange Service SITES, contains information on installations worldwide.

The **Lending Closet** is fully stocked with basic household goods such as dishes, pots, pans, silverware, bakeware, linens, futons, portable cribs, high chairs, strollers, toasters, coffee makers and irons.

**Resource material** for answers to your relocation dilemmas.

For any questions, please contact the Relocation Program Manager at 788-4344 or DSN 680-4344.

## Common Areas Responsibilities

The maintenance of walks, patios, steps, platforms and cleaning of common areas inside your Quarter's building is a shared responsibility of all the residents of that specific building. Especially the stairwells and basement areas of some of the Quarters are poorly cared for - walls need to be cleaned and steps and floors swept. Please dispose of unwanted items and trash, and store properly toys/bicycles when they are not in use.

Help Us Maintain The Beauty And Pride  
Of This Fine Installation!



On recycle/garbage pick-up day,  
please remember to place the containers outside of your fenced yard.  
If the containers remain inside the fenced yard,  
your recycle items and garbage cannot be removed.



About one-half million children accidentally poison themselves each year. Approximately 90% of these poison victims will be less than 5 years old. Young children are apt to put anything in their mouths. Prescription drugs, cleaning agents, polishing products, pesticides, petroleum and paint products have all been involved in accidental poisonings. This happens because of adult carelessness in storing and handling in their homes.

**Prevention.** Poison prevention is a full-time responsibility. The National Safety Council urges parents to remember the acronym **POISON** and these six simple rules to safeguard your child.

**P**ut away all hazardous substances and medicines. Lock up household chemicals. Store internal medicine separately from other household products. If you can't lock the chemicals up, put them in upper where small children cannot reach.

**O**riginal containers are the only proper containers for chemicals. Even adults have been fooled into taking a swig from a pesticide-filled pop bottle left on a kitchen counter. Keep all products properly labeled and read labels.

**I**mitating adult behavior is how children learn, so teach them the right way. Let them know medicine is serious business. Avoid taking medicine in front of children. Never refer to medicine as "candy".

**S**yrup of ipecac should be kept at home for poison emergencies. This syrup is used to induce vomiting in certain poisoning cases. But call a poison control center or doctor before administering syrup of ipecac because vomiting is not recommended in some poisoning cases.

**O**pening medicine containers with safety caps is too difficult for most children. It is essential that adults reseal all packages after each use.

**N**umbers - Telephone numbers should be at hand in case of a poisoning mishap. Hospitals emergency room and family doctor's phone numbers should be posted by the phone. Have the poison container in hand when you call and take container with you if you go to the emergency room or doctor's office.



### ***"Rodent-Proofing" Your Home Things The Occupant Can Do***

*The cold weather brings relief from mosquitoes "but" visits from rodents. When considering rodent-proofing, every possible route of rodent access to your home must be considered.*

*Generally, all openings greater than 1/4-inch should be sealed to exclude mice. For rats, all openings greater than 1/2-inch should be sealed.*



*Points where any of the various utility lines penetrate a wall are likely access sites for rodents. The opening around service conduits such as water, electricity, air conditioning, drain pipes and vents should all be sealed.*

*For roof rats, roofs should be visually checked to see that shingles are down tight and sheathing is complete. Also check roof ventilator, screen vents and louvered in-wall vents. This will also prevent other animals from entering your home.*





## Fort Monroe Transportation Movement Branch

By the Fort Monroe, Traffic Manager



The Transportation Movement office is located in BLDG 82, Craven Clinic, 3<sup>rd</sup> floor room 348

**Hours of Operations** are 0800-16:30 Monday – Friday

### Contact Numbers

Household Goods Movements: Outbound and NTS Release 757 788 2704

#### Passenger Travel:

- International Tickets: 757-788-2141
- Domestic Tickets 757-727-0427



Inbound personnel being assigned to Fort Monroe: contact Langley AFB Inbound Section to arrange delivery of your property at 757-767-2045 or 2046

Inbound personnel being assigned to Joint Forces Command Norfolk VA or Suffolk VA: contact Norfolk Naval Transportation office to arrange for delivery of your property at 757-443-3700

### Peak Season or Summer Moves

Once you receive your PCS orders, contact the Transportation office to arrange for the movement of your household goods. Always during the summer months, carriers and agents are saturated due to an abundance of outbound and inbound movements. Most military moves happen during the summer, which creates a shortage of drivers, packers, helpers, trucks and warehouse space. During the peak season the booking office requires 30 to 45 days from the counseling date to set up a shipment. If you are expecting to move during the summer, we suggest you have alternative pack and pick up dates (5 to 7 days from the dates you are requesting). Peak season is from May through September. Often non-peak season shipments can be scheduled 10 to 15 days after counseling.

### Things To Remember

A successful move is not a matter of chance. It is the result of planning and hard work. At the center of these efforts is you, the shipper. If you expect a good move, you must play an active role.

- A. Planning is important for a successful move. The better **YOU** plan, the sooner **YOU** arrange **YOUR** appointment, the sooner we can arrange for movement of your property.
- B. Excess weight can cost big money. Dispose of unnecessary possessions.
- C. Check all local and State Laws regarding your firearms.
- D. Your counselor will assist you in having a smooth transition.
- E. A good move depends upon how well prepared you are.
- F. Call your transportation office at once if a problem should arise during your move.
- G. Inspect your property before and after the move. Check inventory, GBL, and other documents for discrepancies prior to signing.



## CLEANING TIPS OF THE MONTH

### *Cleaning Tips for Bathrooms (cont. from August 2006 Issue)*

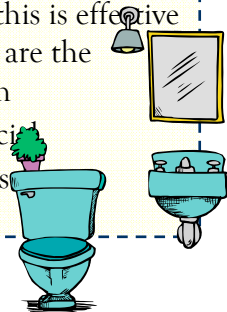


**Sinks:** Porcelain sinks are kept clean by commercial solutions for this purpose. Since the sinks are glazed, it does not need major cleaning. Effective cleaning can be done by blocking the drain and putting 1/2 cup of vinegar and fill up with water. Let it stand for about 1 hour and remove drains stop after 1 hour. You will have a sparkling sink that has been deodorized too!

**Water Faucets:** Water taps are deposited with hard water deposits and it shows around the tap opening. Cleaning is possible with a vinegar solution or rust removal preparations.

**Bathroom Tile:** Bathroom tiles are usually glazed tiles and can have an accumulated build up of body oil and soap scum. Regular cleaning is the best solution. A better cleaning can be done if the bathroom is heated with steam (with bathroom door closed and the exhaust fan off). After 10 minutes, you will observe that soap scum is easier to remove. Soap scum will be removed if you allow regular laundry detergent for 2 to 3 hours and then clean with a brush. If this fails, you can try tri-sodium phosphate, or other commercial cleaning product.

**Cleaning The Toilet:** The commode can be kept clean by regular flushing and using commercial cleaners. Usually this is effective in most cases. The water rings are the results of hard water and it can easily be removed by commercial cleaners or by using a pumice stone.



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## Congratulations To The Winners Of Our August 2006 Yard Of The Month Competition!

Ingalls I ~ *Qtrs 129/B*

Reeder Circle ~ *Qtrs 193/B*

Junior Enlisted ~ *Qtrs 112/B*

Ingalls II ~ *31/A*

Moat Officer ~ *18/A*

Moat Walk ~ *140/A*

Monroe Apartments ~ *356C Gulick Drive*

## CUSTOMER SERVICE BRANCH

### **Requesting Repairs For Government Quarters**

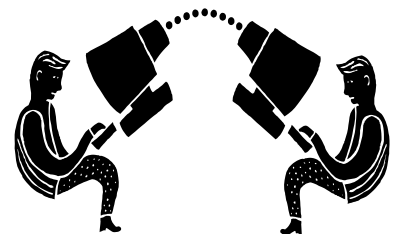
To call in repairs which are beyond the scope of self-help, please call 788-4228 during normal working hours. The service order desk is located on the first floor on Bldg 28 (Directorate of Public Works).

For **Emergency Repairs** after working hours, all calls should be directed to the **Fort Monroe Fire Department at 788-2081**. The Fire Department maintains a roster of personnel to be contacted for emergency repairs. Please provide both your Quarters number and street address.

### **In case of FIRE, VACATE YOUR QUARTERS.**

Then, from a neighbor's house, call the Fire Department at 788-2287 or 788-2288

You can also place your service order requests on-line at <http://ntadviser2.monroe.army.mil/dpwwork/ifsserviceorder.asp>



**THE HOUSING STAFF  
WE ARE HERE  
FOR YOU!**

**CHIEF OF HOUSING**

**☎: 788-6105**

**HOUSING INSPECTOR**

**☎: 788-4338**

**HOUSING REFERRAL/  
MANAGEMENT  
ASSISTANT**

**☎: 788-2129**

**HOUSING ASSIGNMENT/  
MANAGEMENT  
ASSISTANT**

**☎: 788-2127**

**HOUSING MANAGEMENT  
SPECIALIST**

**☎: 788-4150**

**Office Fax No. : 788-2104**



**- Feedback -**

*Thank you for taking the time to read this Newsletter. It has been created for you! Please let us know what you think about our efforts to bring you information - give us your ideas - we want to ensure this Newsletter ("your" Newsletter) is tailored to suit your needs. Please provide comments and/or suggestions to our office by phone at 788-4150 or via email at [monroe.housing@us.armv.mil](mailto:monroe.housing@us.armv.mil).*

**Self-Help Store  
Hours of Operations**

**Effective 1 July 2006**

Sunday	Closed	Under the new contract the Self-Help personnel will not be allowed to carry or load loaned equipment into your privately owned vehicle. If you have any questions or need clarification on which items are considered self-help, please give us a call at the DPW Family Housing 788-4338 or the Self-Help Store 788-2563
Monday	Closed	
Tuesday	0830 - 1300	
Wednesday	0830 - 1700	
Thursday	0830 - 1700	
Friday	0830 - 1700	
Saturday	0830 - 1200	



**Telephone Line Maintenance**

Telephone lines for the Quarters here at Fort Monroe are somewhat more complicated than off-post.

The commercial carriers (Verizon, Cox, etc.) are responsible for the telephone lines from downtown to the Fort Monroe telephone central office. Fort Monroe Directorate of Information Management (DOIM) is responsible for the lines from the Fort Monroe telephone central office to the Quarters.

Lines inside the Quarters are maintained, moved, and installed by the Fort Monroe DOIM. In case of an outage (dead telephone lines) in the Quarters, the residents should call the Fort Monroe DOIM telephone repair number 788-2131. The DOIM can ascertain if the trouble is with your commercial carrier or on-post.

If the trouble is on-post, the DOIM will repair it. If the trouble is off-post, the DOIM will ask the residents to report the trouble to their commercial carrier.